



DEPARTMENT OF THE NAVY

NAVAL AIR SYSTEMS COMMAND
NAVAL AIR SYSTEMS COMMAND HEADQUARTERS
WASHINGTON, DC 20361-0001

IN REPLY REFER TO

NAVAIRINST 6110.1A
AIR-09X
19 Feb 87

NAVAIR INSTRUCTION 6110.1A

From: Commander, Naval Air Systems Command

Subj: PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINST 6110.1C

1. Purpose. To issue policy and guidance for the implementation of the Navy Physical Readiness Program within the Naval Air Systems Command (NAVAIR) as directed by reference (a).

2. Cancellation. This instruction supersedes NAVAIR Instruction 6110.1 of 22 September 1983. Since this is a major revision, changes have not been indicated.

3. Scope. This instruction applies to Navy military personnel assigned to NAVAIR.

4. Policy. Every member should strive to achieve and maintain the highest standard of physical readiness to ensure the operational effectiveness of the Navy. Members failing to achieve standards are a detriment to the readiness and sustainability of the Navy. Physical readiness training (PRT) develops and maintains the flexibility, cardiorespiratory and muscular strength and endurance needed to perform Navy routine and emergency tasks and is an integral part of the Navy's Personal Excellence Program.

5. Focal Point. Military Affairs Office, (AIR-09X) is the NAVAIR Physical Readiness Program Coordinator and as such will provide program guidance and serve as the central point of contact between major claimants, subordinate commands, and the Navy Military Personnel Command, performing the responsibilities assigned in reference (a) paragraph 4i(2).

6. Responsibilities

a. AIR-09X, in addition to those functions assigned in paragraph 5 above, is the Naval Air Systems Command Headquarters (NAVAIRHQ) Physical Readiness Program Coordinator and will

(1) ensure NAVAIRHQ fitness coordinators are adequately trained;

(2) maintain the NAVAIRHQ PRT Summary Report per reference (a) enclosure (5);

(3) ensure members Risk Factor Screening Physical Readiness Test Results are forwarded upon member's transfer to the gaining command per reference (a) enclosure (2); and

(4) advise the Commander, Naval Air Systems Command on all Physical Readiness Program matters affecting the command.

b. Group heads will

(1) designate in writing to AIR-09X not later than 1 May 1987 and as the incumbent changes, the name, code, room and telephone number of the individual designated as the group fitness coordinator to perform the functions assigned in paragraph 6c below, and

(2) identify and counsel members who need assistance in meeting the physical readiness standards.

c. Group fitness coordinators will

(1) conduct PRT's at least semiannually per reference (a) enclosures (2) through (4);

(2) upon completion of each PRT;

(a) maintain risk factor screening/physical readiness test results on each group member per reference (a), enclosure (2), and

(b) submit to AIR-09X, completed form OPNAV 6110/1, Command Physical Readiness Test Summary, for the group.

(3) supervise the group remedial exercise program and, when appropriate, coordinate with recreational services for required physical training or testing facilities;

(4) advise the group head and AIR-09X on all Physical Readiness Program matters affecting the group, in particular about members who need assistance in meeting physical readiness standards, so they are identified and appropriately counseled;

(5) advise the Safety Officer (AIR-09F) and AIR-09X of any Physical Readiness Program related injuries so they may be documented per reference (a); and

(6) provide the most recent PRT performance data to cognizant reporting seniors for preparation of officer fitness reports and enlisted evaluations.

d. Reporting seniors, pending revision to current reporting requirements, will include within officer fitness reports and enlisted performance evaluations, as appropriate, the results of the most recent performance of the PRT as required by reference (a), basic instruction, page 8, paragraph 7h and enclosure (4), page 8, Scoring the PRT.

7. Action

a. NAVAIR field activities will submit to NAVAIRHQ (AIR-09X)

(1) within 120 days of receipt of this instruction a copy of implementing instructions, and

(2) annually by 15 September each year a completed form OPNAV 6110/1.

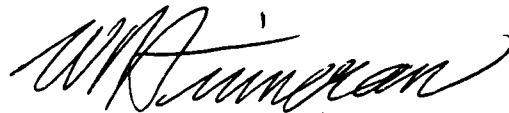
b. Addressees will actively support the Physical Readiness Program as prescribed in reference (a) and this instruction.

8. Forms

a. NAVAIR Field Activities. OPNAV 6110/1, Command Physical Readiness Test Summary, S/N 0107-LF-061-1005, is available through normal supply channels per NAVSUP 2002.

b. NAVAIRHQ OPNAV 6110/1 may be obtained from the NAVAIRHQ Forms Stock Room.

9. Reports. Symbol OPNAV 6110-3, Command Readiness Test Summary, assigned by reference (a) applies to reporting requirements of paragraphs 6c(2)(b) and 7a(2) above and is approved until 7 August 1989.



W. J. FINNERAN
Vice Commander

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